**Jinhyeok Psychology F**

**Diagnosis**

The person’s friend is suffering from paranoid personality disorder. The key characteristics of the disorder are distrust of others, and a constant suspicion that people around you have sinister motives. When the narrator asks her what her friend is doing that tonight, the girl freaks out and became very defensive, as if the narrator was going to hurt her. Moreover, the person suffering from paranoid personality disorder also challenges loyalties of his/her friend. When another friend of the narrator walks by while the two are walking, her friend asks seemingly irrelevant questions about the friend that just walked by. She asked, “Do you like her better than me?” It looks as if the narrator’s friend who is suffering from paranoid personality disorder wants to always know if the narrator likes her better than other people, testing friend’s loyalty excessively. Lastly, the person suffering from the paranoid personality disorder also searches for hidden meanings in other’ actions. When a stranger walks by while the two are walking, the narrator’s friend freaks out again and questions the strangers’ motives. These factors all prove that the narrator’s friend is suffering from a very serious paranoid personality disorder.

**APA Style**

Fuhrman J. (2006). Stress Hunger—The Cause of Obesity. *Disease Proof.* Retrieved January 10, 2010, from http://www.diseaseproof.com/archives/weight-loss-stress-hungerthe-cause-of-obesity.html

Haycock A. (2008). Paranoid Personality Disorder. *Encyclopedia of Mental Disorders.* Retrieved January 10, 2010, from http://www.minddisorders.com/Ob-Ps/Paranoid-personality-disorder.html

**Treatment**

1. Hypnosis treatment: People who are hypnotized are in a state of altered condition of attention. Hypnosis treatment is an effective method to treat paranoid personality disorder because it assists in increasing motivation and self-esteem. I think what the narrator’s friend needs right now is boosted motivation and esteem. If she gets her self-esteem back, I think the friend will be able to quickly make new friends and stop distrusting others. I think the friend currently lacks motivation and self-esteem to stop becoming too defensive for everything. With the proper hypnotist, the narrator’s friend will be back in her normal life.

**APA STYLE**

Gluckman, J. (2007). Hypnosis Treatment. *Ezine Articles.* Retrieved January 10, 2010, from

[http://ezinearticles.com/?Hypnosis-­Treatment&id=410707](http://ezinearticles.com/?Hypnosis-Treatment&id=410707)

1. **Rational-emotive therapy**: Through rational-emotive therapy, the narrator’s friend can replace her notion of “musts” and “should” with more flexible one. The friend can learn to reduce the stress that she is getting. Instead of persuading the friend that she “must” or “should” stop becoming too defensive and suspicious of others, this treatment can naturally allow the narrator’s friend to make new friends and regain self-esteem to have a better social life. Nobody likes to be forced into doing something that they don’t like; rational-emotive therapy, however, naturally convinces the client to make the right choice.

**APA STYLE**

Mulhauser, G. (2009). Underlying Theory of Rational Emotive Behavior Therapy. *Counseling*

*Resource.* Retrieved January 10m 2010, from

http://counsellingresource.com/types/rational-emotive/index.html

1. **Gestalt therapy**: If the narrator’s friend gets a gestalt therapy for her Schizoid Personality disorder, she will learn to raise her awareness regarding how she has been living, especially the suspicions that she has on others. I think part of the friend’s problem is that she doesn’t know that her situation is bad. Through gestalt therapy, the narrator’s friend can naturally learn that her situation is grim and that she needs to act accordingly with the therapy program to get back into her normal life again. She needs to realize she can’t be searching for hidden meanings behind everything her entire life! Through the program, she will also be equipped with the skills necessary to make new friend and get back into the exciting social life.

**APA STYLE**

Vanburen, J. (2009). Getalt Therapy*. Minddisorders.* Retrieved January 10, 2010, from

http://www.minddisorders.com/Flu-Inv/Gestalt-therapy.html